Pandemic Influenza:
Description, Prevention, & Planning for the Service Member

Name

Command

Local Contact Information

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Purpose

To familiarize service members with the types of flu, the term pandemic influenza, and describe the actions they can take towards prevention and planning

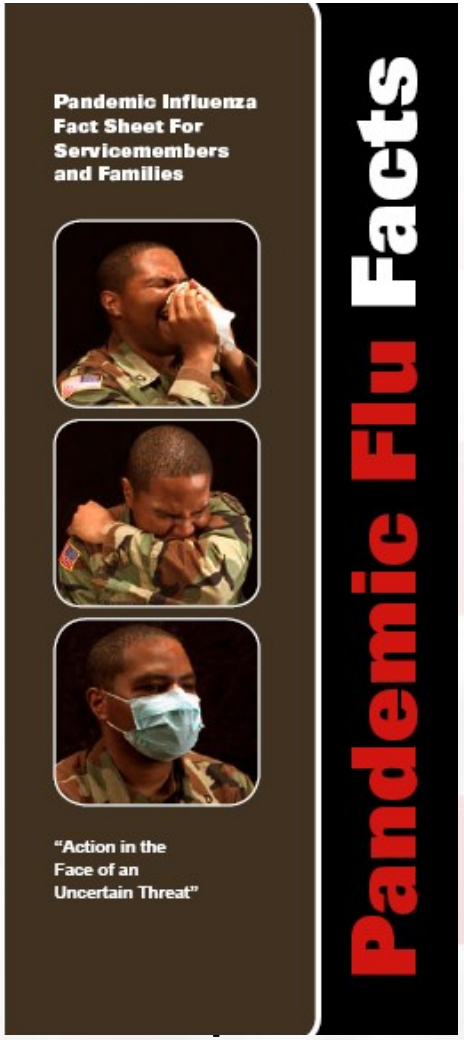
Agenda

- Definition
- Background
- Prevention
- Symptoms
- Treatment
- Planning
- Summary
- Conclusion

Pandemic Flu Facts Brochure

- Unfold YOUR *Pandemic Flu Facts* Brochure
- Reference Guide for this Briefing
- Available from USACHPPM

http://chppm-www.apgea.army.mil/hio_public/orders.aspx


Pandemic Influenza Fact Sheet For Servicemembers and Families
"Action in the Face of an Uncertain Threat"
Pandemic Flu Facts

Definitions

- Influenza (The Flu)
  - Category of viruses
  - Three major types (A, B, C)
  - Many subtypes classified by surface coatings
  - Usually self-limiting
  - May mutate over time
- Avian Flu – AKA bird flu
  - Flu virus
  - Contagious among birds
  - Does not normally infect humans
  - Can be deadly; Approx. 50% of cases die
  - No confirmed human to human transmission

Definitions

- **Seasonal Flu**
  - Viruses are not new
  - Vaccine available
  - Lower impact on society
  - More than 200,000 hospitalizations/year
  - Approx. 36,000 deaths
- **Pandemic Flu**
  - Global outbreak
  - New flu virus
  - Serious human illness
  - Easily spread from person to person

Definitions

Differences Between Seasonal and Pandemic Flu	
Seasonal Flu	Pandemic Flu
Caused by a flu virus similar to those already affecting people	Caused by a new flu virus that people have not been exposed to before
Not life threatening for most healthy adults	Everyone at greater risk for serious complications
Modest impact on society	Possible severe impact on society
Vaccines available	Vaccines probably not

Background

- Three pandemics in the 20th century:
  - 1918-19 Spanish Flu
    - Up to 50 million people died worldwide
    - More than 500,000 in the U.S.
  - 1957-58 Asian Flu
    - About 70,000 deaths in the U.S.
    - First identified in China
  - 1968-69 Hong Kong Flu
    - About 34,000 deaths in the U.S.
    - First detected in Hong Kong

Background

Possib[illegible] [illegible]uman to human

Prevention

- Education
- Vaccination
  - Probably not available at th pandemic
  - Takes several months to become

The seasonal flu shot is still beneficial and highly recommended even though it will not protect you against pandemic influenza

Prevention

- Avoid sick birds and their droppings
- Stay away from people who are sick
- If you feel sick, stay home and away from others after receiving care from your health care provider.

Prevention

- Wash your hands frequently, especially after coughing or sneezing.
  - Use soap & water

    or
  - Clean with alcohol based hand cleaner

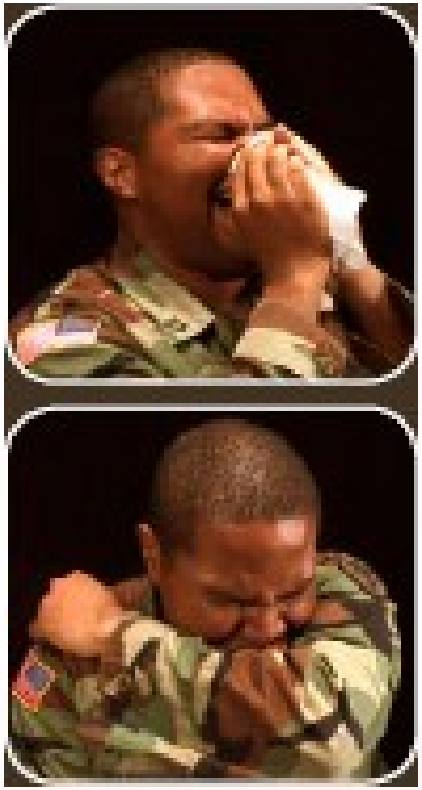
Avian influenza may survive for weeks in the environment under favorable conditions

Prevention

- Avoid touching your eyes, nose, or mouth as much as possible
- Avoid smoking and tobacco smoke. Tobacco use has been associated with greater risk of severe complications from certain lung infections
- Get vaccinated with seasonal flu vaccine
- Get regular exercise, enough rest, and eat healthy balanced meals

Prevention

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands
- Put used tissue in the trash



Prevention

- If told to wear a mask, wear it as instructed:
  - Secure ties or bands at the middle of the head and neck
  - Fix flexible band to nose bridge
  - Fit snug to face and below chin

Prevention

- **Is it safe to eat poultry?**
  - YES, it is safe to eat properly cooked poultry
  - The U.S. bans imports of poultry from countries where bird flu has been found
  - www.usda.gov/birdflu

Symptoms

- Typical flu-like symptoms but may be more aggressive
  - Fever, cough, sore throat, muscle aches
- Eye infections
- Pneumonia
- Acute respiratory distress
  - Life threatening

Contagious?

- Period of being contagious for pandemic flu is not certain
- Based on current knowledge of the flu:
  - Children will be infective longer than adults
  - Both children and adults will likely be infective before they are visibly sick

Treatment

- Possible hospital stay
- Manage the symptoms
- Antiviral medication (may or may not work / short supply)
- Close contacts may also receive antiviral medication
- More than half of all laboratory confirmed cases have been fatal

Planning

- The challenges:
  - Widespread social disruption (gas, banks, stores, schools, transportation…)
  - Medications and special needs family members
  - Work may be difficult or impossible
    - Can you work from home?
    - What is the plan at work?
    - Lost income?
    - Convalescent leave?
- Understand your local community's plan
- Use the planning checklists at: http://www.pandemicflu.gov/plan/tab3.html

Planning

- Store a supply of nonperishable food, bottled water, and masks
- Ask about an extra supply of prescription medications
- Have non-prescription meds on hand
- Plan care for loved ones if they get sick
- Volunteer with local groups
- Get involved with the community as it works to prepare for a flu pandemic

Local Medical Treatment Facilities

- Insert pertinent contact information for your local MTFs and public health (preventive medicine) assets

Summary

- Defined seasonal, avian, and pandemic flu
- Provided a background on pandemic flu
- Provided prevention techniques
- Identified the symptoms
- Offered possible treatment options
- Offered issues to consider when planning

Conclusion

"Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family, and community. Our task is to make sure that when this happens, we will be a Nation prepared."

- *Michael O. Leavitt, Secretary*

U.S. Department of Health & Human Services

Questions

More Information

- http://chppm-www.apgea.army.mil/news/Influenza%20Website/index.htm (USACHPPM website)
- www.pandemicflu.gov (official US govt website)
- http://www.cdc.gov/flu/pandemic/ (CDC)
- http://www.cdc.gov/flu/avian/ (CDC)
- http://www.who.int/csr/disease/avian_influenza/en/index.html (WHO)
- http://www.pdhealth.mil/influenza.asp#ori